

# Pine Nut Parmesan

*Swick*

Makes 6 cups | Active Time: 45 minutes | Total Time: 32 hours

## Step 1: Soaking & Blending the Ingredients

- 3 cups raw pine nuts
- 2 cups filtered water (for soaking)
- 1 cup fresh rejuvelac or 3/4 tsp probiotic powder dissolved in 1 cup warm filtered water

First, start off by soaking the pine nuts for up to 3 hours to soften with the 2 cups of water. Once the pine nuts are softened, strain off water.

To blend the ingredients, in a high-speed blender, combine the pine nuts and rejuvelac (or the culture and water) and blend until smooth. The finished texture should be a thick paste.

Pour into a bowl, cover with a clean kitchen towel and leave at room temperature to culture for up to 12 hours. It is cultured when the mixture appears to rise slightly and bubbles or air pockets appear.

## Step 2: Dehydrating the Mixture

- 1 tbsp sea salt
- 3 tbsp nutritional yeast
- 1 tbsp onion powder

After the mixture has cultured, combine with the remaining ingredients.

To dehydrate, spread onto teflex sheets no more than 1/4-inch thick and dehydrate at 115°F (45°C) for up to 12 hours or until crispy.

Harvest and store in a sealed container in the refrigerator where it will keep 2 months.